

## Positive Alternatives 2015 - 16 Quarterly Update

**Grantee: Neighborhood House**

**Goal: To expand pregnancy and parenting support services for adolescent women**

**For the period: Jul- Sept 2015**

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	Provide direction, support, and guidance to grant funded staff; provide representation at required grantee meetings; Provide on-going reports as required; maintain data entry, data collection, and evaluation; work with staff to ensure expenses are within budget allowances		Largest change at this time is shift in program management. Program transitioned from Cindi Yang to Kara Schommer (Director of Life Long Learning Programs) and Amanda Williams (Parent & Early Childhood Education Program Manager). Along with the shift in program leadership, Program Director and Program Manager are working to familiarize themselves with program rules, guidelines, reporting procedures and budget. Under new leadership, Baby Talks program has merged with agency Early Childhood Education program, which allows for a continuum of services when participants no longer qualify for Baby Talks program. Exploration of how additional PAA funds could be best utilized has been a team discussion. Last, a new grants manager, Mary Giessler, has been hired by agency.	
<b>Outreach/ Hmong</b>	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods, organizations and professional networking		Outreach was conducted at all St. Paul Public High schools, Health Start Clinics, and current neighborhood House programs. Outreach continues largely through agency youth programs, as well as word of mouth in the community.	
<b>Outreach/ Latino</b>	Recruit program participants through internal program referrals, speaking to students at local schools, tabling at resource fairs and community organizations; communication with and posting fliers at neighborhoods,		Outreach done through on-going participant word of mouth. Also, outreach was done during home visits with mothers who are solely enrolled in case management program to try and encourage them to join the Baby Talks support group. Other outreach conducted during in-house groups at Neighborhood House, Latino Health Fair and the Mexican Independence parade in East St. Paul.	

	organizations and professional networking			
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<b>Car Seat Program/ Hmong</b>	Provide car seat education to all program participants	9	Car seat education was not provided during this quarter due to staff transition.	P: 0
<b>Car Seat Program/ Latino</b>	Provide car seat education to all program participants		Car seat education was discussed with participants during individual home visits and group sessions. The education was provided by reviewing what we had learned in previous group sessions followed by a discussion about car seat laws.	P:5
<b>Case Management Services/ Hmong</b>	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed	21	Case management services were provided in-home, and onsite at Neighborhood House. Case management involved providing participants with resource information of MNSure, assistance navigating health insurance and discussion of other general health concerns related to pregnancy and parenting.	P:6/C:12
<b>Case Management Services/ Latino</b>	Provide an individualized care plan with intake, assessment of needs, service planning, service plan implementation, service coordination, monitoring and following up; provide off-site visits, if needed		Case Management was provided with topics including car seat safety, nutrition, and getting prepared for college and high school. Participants were assisted with filling out paper work to get child care while participant is in school. Participants were also provided help with finding transportation, looking at bus routes and times so they could make it to appointments and school, updating care plans and attending appointments with participants. Discussion also circled transition and getting prepared to exit Baby Talks as participants age out of program.	P:15/C:42

<b>Crib Distribution/ Sleep Safety Education: Hmong</b>	Provide crib and safe sleep education to all program participants	9	Crib and sleep safety were not provided during this quarter due to staff transition.	P: 0
<b>Crib Distribution/ Sleep Safety Education: Latino</b>	Provide crib and safe sleep education to all program participants		Crib and sleep safety education was provided as a review of what we have learned in previous group sessions. Conversations with participants included what seems to be the most difficult thing about children's sleep patterns and the pros and cons of both cribs and Pack N' Plays.	P:4

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<b>Life-Skills Education Program/ Hmong</b>	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Life skills education was provided through case management, home visits, and weekly support groups help at Neighborhood House. Educational topics included nutrition, exercise, self-care, family planning, and healthy relationships. Frequent conversations circled balancing school and parenting.	P:8/C:28
<b>Life-Skills Education Program/ Latino</b>	Address life skills education through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Life skills education was covered this quarter through weekly group and home visits. Some topics covered were assistance navigating MNSure, birth control options and job search. We also had some fieldtrips during this quarter, where the focus was to have the mother interact and participate in activities with their children in a public environment. We went to Target Field for the <i>Create a Memory event</i> , participated in National Night Out and went to the MN Zoo. We had a guided bike ride and talked about the benefits of regularly bike riding, as well as bike safety. Nutrition was also covered as a life skill.	P:9/C:19
<b>Nutrition/ Hmong</b>	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment	9	Nutrition education was not provided during this quarter due to staff transition.	P:0/C:0

<b>Nutrition/ Latino</b>	Provide nutrition education for teen parents; provide nutritional resources, referrals, and follow-ups through case management and assessment		Participants are offered nutrition education as least twice per quarter. This includes either following up on something we had previously talked about or learning something new. This quarter we talked about food labels.	P:4/C:4
<b>Parenting Education/ Hmong</b>	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round	108	Parenting education was provided through case management, home visits and weekly support groups held at Neighborhood House. Topics covered were child health, child safety, and how to cope with child tantrums. A parent/child field trip to the Science Museum also provided parents an opportunity to practice parenting skills and deal with tough child behaviors in a public place.	P:8/C:18
<b>Parenting Education/ Latino</b>	Address parenting skills through weekly group activities and sessions during the school year; additional field trips during the summer and one-on-one case management year round		Parenting education was covered this quarter through group and/or home visits. Topics covered this quarter were car seat and crib safety, potty training and reading food labels. We also had a family field trip to the children's museum where participants played and interacted with their children.	P:6/C:14
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<b>Provide Necessary Services Assessments Only</b>	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	3	Two clients were given information regarding Baby Talks program and were assisted with hospital visits but did not continue coming to group.	P:2
<b>Transportation</b>	Provide transportation services to participants to enable participation in program activities	9	Transportation was regularly provided to and from group this quarter.	P:10

<b>Maternal and Child Health Initiative Task Force Strategies</b>				No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>				0
<i>Number of women who received car seat safety education only from a PA funded program activity</i>				4
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>				0

<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	0
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	0
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	4

### **Challenges**

**Hmong:** Challenges this quarter resulted primarily from staff transition as previous Hmong teen Parent Educator left agency and a new Hmong Teen Parent Educator was brought on. Transition presented challenges as the new Teen Parent Educator attempted to continue the work that was left from previous Teen Parent Educator, such as learning program requirements and program filing system. Additionally, in staff transition, program lost a few participants. New Teen Parent Educator is currently trying to build rapport with existing participants, and recruit new participants by sending letters and emails, as well as reach out to local high schools to offer services.

**Latino:** Many of the Latino participants have exited the program due to their child's age. For this reason, group was smaller this quarter. Also summer tends to have less program participants, in general.

### **Comments**

**Hmong:** Current participants continue to show and interest and attend group. Some participants are being prepared to graduate from program. Agency offers additional services to graduated participants for continued parenting and child development support, outside of the Baby Talks program.

**Latino:** A lot of field trips were offered this quarter, which provided participants with good opportunities to execute skills learned in group while in public places. Outreach has begun for current quarter and we expect to have an increase in participants to report next quarter.